

BREWSTER COUNCIL ON AGING

BAYSIDE

CHATTER



1673 Main Street, Brewster, MA 02631 • (508) 896-2737 • Fax (508) 896-7587

Hours: 8:00am - 4:00pm Monday - Friday

Denise Rego, Director

Robert Deloye, COA Board Chairperson

Paul Marai, F.O.B.E. Chairperson

MISSION STATEMENT: *The mission of the Brewster Council on Aging is to enhance the dignity and well-being of Brewster Elders. The staff of the Council on Aging is always available to link our seniors to our services and give support.*

**BEACH & TRANSFER STATION
STICKERS**



**BREWSTER COA, 1673 MAIN STREET
THURSDAY, MAY 21st 10:30AM - 2:30PM**



Like last year, Donna, from the Town Hall, will be selling beach and transfer station stickers for our seniors at our Senior Center.

The "Sticker Form" was included in your tax bill or can be printed from the Town's website. Just fill it out and bring it in with you, along with your vehicle registration, and Donna will be able to sell you your stickers!

Another option is to fill out the form, copy your registration, include your check and leave it all with us before Donna comes. When she is here on May 21st, she will be able to process it and we can return it to you!

HAPPY MOTHER'S DAY TO ALL!

We would like to honor all mothers, mothers-in-law, grandmothers and great-grandmothers on their special day, Sunday, May 10th.

Thank-you, and have a wonderful day!

HOLIDAY CLOSING NOTES



**The COA will be closed on
Monday, May 25th in honor of
Memorial Day. Enjoy the holiday!**

Brewster in Bloom at the COA...

**I SCREAM ... YOU SCREAM ... WE ALL SCREAM
FOR ICE CREAM!!**

**Friends of Brewster Elders Annual Ice Cream Social
Brewster Council on Aging 1673 Main Street, Brewster**

FRIDAY, MAY 1st

2:30 – 5:00 pm

Choose from two flavors of ice cream, hot fudge or strawberry topping, plus many different add-ons to help you make a delicious sundae!!!



Cost per sundae is only...
\$2.00 for Adults, \$1.00 for children under the age of 12

Join us for this fun event!!!
For questions, please contact the Council on Aging,
(508) 896-2737.

Rides can be provided if needed!

SEE YOU THERE!!!!



ANNUAL TOWN MEETING

**Monday, May 4th 7:00pm
Stony Brook Elementary School**

See you there!

TOWN ELECTIONS

TUESDAY, MAY 19th



Here's your chance to make a difference!

If you need a ride, a volunteer from the COA will be available to bring people to the polls. Please call the COA **no later than Friday, May 15th** to reserve a space: (508) 896-2737

Frauds & Scams

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts! Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others. Here are some examples:

- Health Care/Medicare/Health Insurance Fraud
- Funeral & Cemetery Scams
- Investment Schemes
- Sweepstakes & Lottery Scams
- Fraudulent Anti-Aging Products
- Counterfeit Prescription Drugs
- Internet Fraud such as Email/Phishing Scams
- Homeowner/Reverse Mortgage Scams
- The Grandparent Scam
- Telemarketing

If you want more details or suspect you've been the victim of a scam...

Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services. To obtain the contact information for Adult Protective Services in our area, call Elder Services of Cape Cod and the Islands, Inc. at (508) 394-4630, or visit their website at: www.escci.org

If you have a personal experience by internet or telephone that others should know about, please send a brief summary to our FOBE account: friends1673@comcast.net. We look forward to receiving your personal experiences and spreading the word through this column.

You're invited...

NEW-TO-MEDICARE SEMINAR

**Tuesday, May 19th 6:00pm
Brewster COA, 1673 Main Street**

Congratulations on turning 65 and becoming eligible for Medicare! What, exactly, does that mean?? Come and get the straight story from a SHINE counselor. There are some important things you should know about signing up for Medicare and about your options once you're enrolled. Debra Johnson will introduce you to the wonderful world of Medicare A, B, C, and D, MassHealth, Prescription Advantage, open enrollment periods, medigaps, and Medicare Advantage plans.

Please join us on Tuesday, May 19th at 6:00pm for this informative seminar. A light supper will be served.

**Please call the COA to reserve your spot at:
(508) 896-2737**



HOPEHEALTH WALK FOR ALZHEIMER'S

SUNDAY, MAY 17TH

*On Sunday, May 17th Denise, our director,
will be participating in her 6th walk
to support
"HopeHealth Walk for Alzheimer's".*

*After her mother's passing in January of
2010, she is committed to helping others
with the disease. If you would like to sponsor
her for the walk, please stop by the COA
with your donation.*

*Checks should be made
payable to: "HopeHealth".*

*With your help, we have donated a total of
\$3,377 over the past 5 years!*

Thank you for your ongoing support!

BREWSTER MEN'S COFFEE CLUB

THURSDAYS, 2:00pm - 4:00pm
BREWSTER COA, 1673 MAIN STREET

The Brewster Men's Coffee Club will be meeting on the following Thursday afternoons in May at the Brewster COA:



7, 14, 21 & 28

We're always looking for new members as well as Guest Speakers. We welcome you to join us!

SEA CAPTAIN'S THRIFT SHOP

The Sea Captain's Thrift Shop is celebrating Spring with a half-price sale on ladies dresses and pants through May 2nd.

Please come in to say 'Hi' and celebrate Spring with us!



We are located at 1671 Main Street, behind the Brewster Council on Aging and Fire Station.

Hours are 10AM to 3PM Tuesday thru Saturday

ATTENTION CRIBBAGE PLAYERS...

We have been approached by one of our seniors about offering cribbage here at the COA.

If you are interested in participating on Friday afternoons at 1:00PM, please contact Marilyn at (508) 896-2737. Once we have enough players, we will get the group started!

Just a reminder...

We continue to offer a wonderful exercise program on Thursday mornings from 8:30 – 9:30am upstairs at the COA. It is offered through "BoomerFit Cape Cod" and costs \$6.00 per class. The current session began on 4/2 and runs through 5/7. If you might be interested, please feel free to stop by one morning and see what the class is about. We will be continuing this program through the summer months. Contact Marilyn at (508) 896-2737 if you have any questions or just stop in on a Thursday morning!

COMPUTER USERS GROUP

Welcome back to the Computer Users Group!



We will be meeting on Thursdays in May, from 1:00 - 3:00pm at the Brewster COA, 1673 Main St.

Please join us for a special presentation on Thursday, May 21st:

Amy Schram, Better Business Bureau, will be here to discuss: "Frauds, Scams and Identity Theft" It should be very interesting!

No need to sign up, just come and learn something new! See you there!

MOVIE DAY AT THE COA!

We show movies at the COA on a monthly basis. Below is a schedule of dates and the movies to be shown through August. If you see one you like...mark your calendar and be sure to call us at (508) 896-2737 to sign up! We don't like to do this but, if we receive no calls the week prior, we cancel the movie. If there is a movie you would like us to show, please let Marilyn Dearborn know. Through the generosity of F.O.B.E., we have purchased a new screen and sound system to make your "movie experience" more enjoyable. Popcorn and punch is always served!

MAY MOVIE SELECTION:

"TAKING CHANCE" Monday, May 26th @ 1:00 pm

Starring Kevin Bacon, this poignant film follows two parallel journeys – Private Chance Phelps's death in Iraq to a military mortuary in his hometown, and Lt. Col. Mike Strobl, a military escort. Politics are kept in the background while focusing not on the soldiers and the combat serving, but on the aftermath. The movie shines a light on a rarely seen part of military culture, namely how the living honor the fallen. It makes it clear that the soldiers on the ground deserve admiration and respect for taking on dangerous and often deadly missions.

Call (508) 896-2737 to sign up – refreshments will be served and rides can be provided if necessary.

UPCOMING MOVIES:

Monday, June 15th - "**Nebraska**"

Monday, July 13th - "**Saving Mr. Banks**"

Monday, August 10th - "**Boyhood**"



MESSAGES FROM MARILYN

Happy Mother's Day to all mothers, grandmothers, great-grandmothers, mothers-in-law etc.!!

Be sure to call (508) 896-2737 to sign up for these programs



CELEBRATE SPRING & MOTHER'S DAY AT THE COA!

Monday, May 4th @ 1:00 PM

Katie Koglin, a harpist and vocalist, will be here to share her musical talents with us as we celebrate spring and Mother's Day. If you are a mother, grandmother, great-grandmother, mother-in-law, mother figure or someone who just likes spring, call today and sign up to come celebrate with us. Punch and refreshments will be served. Don't miss hearing this talented young lady! **Call today, (508) 896-2737, to sign up!**

EVERYTHING YOU NEED TO KNOW ABOUT PRE-ARRANGING FUNERAL SERVICES BUT WERE AFRAID TO ASK!

Monday, May 11th @ 1:00 PM

Christine Damery from Doane Beal and Ames/Nickerson Funeral Home will be here to discuss the importance of preplanning the one event we do not like to think of or sometimes even talk about - our final arrangements. Help your family know what your wishes are and why that is important for them. Christine will also be able to answer any questions you might have. Call today to sign up. Refreshments will be served. This is not a subject most of us like to discuss, but it is a very important one for those we leave behind. Don't be afraid to come and listen to what she has to say! **Sign up by calling (508) 896-2737 today!**

CELEBRATE MEMORIAL DAY & OBSERVE THE 70TH ANNIVERSARY OF THE END OF WORLD WAR II!

Monday, May 18th @ 1:00 PM

Come hear the songs of World War II such as "It's Been a Long, Long Time", "Boogie Woogie Bugle Boy" and many more as sung by **Ruth Harcovitz**. These are songs that will take you back to when you were young and the world was free once again. Refreshments will be provided. **Tickets are \$3.00 each and are available as of May 4th in the office here at the Senior Center.** Ruth's appearance is being funded in part through a grant from the Brewster Cultural Council. Stop by and get your ticket today so that you don't miss this wonderful event!

JUNE EVENTS – MARK YOUR CALENDAR!

Monday, June 1st 1:00 PM Health/Wellness Program on Fall Prevention by Blue Cross/Blue Shield

Monday, June 8th 1:00 PM The Original Mrs. Drinkwater
A fun filled audience-participation show!






Monday, June 15th 1:00 PM
Movie Day – "Nebraska" starring Bruce Dern & Will Forte



Monday, June 22nd 1:00PM Five Wishes - VNA
A booklet that gives you the tools to provide important information to your doctor and family

Monday, June 29th 1:00 PM Prescription Advantage Program
Hear how this program can help fill the hole in your Medical prescription drug coverage



SENIOR HAPPENINGS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 BREWSTER IN BLOOM! 	4 9:45am Young at Heart 1:00pm Program: Celebrate Spring and Mother's Day at the COA! 	5 9:00am Yoga 9:00am Pedicure 10:00am W.O.W. 1:00pm Bridge 1:00pm S.H.I.N.E.	6 9:00am Computer Help 9:30am Legal Help with Charles Ardito 10:30am BINGO 10:45am Angelcare 11:00am Sight Loss/BLL 1:00pm Quilters 7:00pm Duplicate Bridge	7 1:00pm Computer User's Group 2:00pm BMCC 5:00pm Evening Yoga	8 9:45am Young at Heart 10:00am Swimming at Brewster Green 10:30am BINGO 11:00am Bridge Lessons 1:00pm Duplicate Bridge	9 BREWSTER IN BLOOM! 
10 	11 9:45am Young at Heart 1:00pm Seminar: Christine Damery of Doane, Beal & Ames/ Nickerson Funeral Home: "Preplanning Your Final Arrangements"	12 9:00am Yoga 10:00am W.O.W. 1:00pm Bridge 1:00pm S.H.I.N.E.	13 9:00am Computer Help 10:00am Banking Asst. 10:30am BINGO 1:00pm Quilters 7:00pm Duplicate Bridge	14 9:00am S.H.I.N.E. 1:00pm Computer User's Group 2:00pm BMCC 5:00pm Evening Yoga	15 9:45am Young at Heart 10:00am Swimming at Brewster Green 10:30am BINGO 11:00am Bridge Lessons 11:00am Rep. Tim Whelan	16 BREWSTER IN BLOOM! 

17	18	19	20	21	22	23
	<p>9:00am Hearing Screenings</p> <p>9:45am Young at Heart</p> <p>1:00pm Program: <i>Ruth Harcovitz - Singer</i></p> 	<p>9:00am Yoga</p> <p>9:00am BP/Glucose Testing and Health Counseling</p> <p>10:00am W.O.W. Bridge</p> <p>1:00pm S.H.I.N.E.</p>	<p>9:00am Computer Help</p> <p>10:00am Messages with Sandra</p> <p>10:00am Banking Asst. BINGO</p> <p>10:30am Angelcare</p> <p>10:45am Quilters</p> <p>7:00pm Duplicate Bridge</p>	<p>8:00am Pet Grooming</p> <p>1:00pm Financial Planning</p> <p>1:00pm Computer</p> <p>User's Group</p> <p>2:00pm BMCC</p> <p>5:00pm Evening Yoga</p>	<p>9:45am Young at Heart</p> <p>10:00am Swimming at Brewster Green</p> <p>10:30am BINGO</p> <p>11:00am Bridge Lessons</p> <p>1:00pm Duplicate Bridge</p>	
24	25	26	27	28	29	30
	 <p>(The COA is Closed)</p>	<p>9:00am Yoga</p> <p>10:00am W.O.W.</p> <p>10:00am BP/Glucose Testing & Health/BLL</p> <p>1:00pm Bridge</p> <p>1:00pm S.H.I.N.E.</p> <p>1:00pm Messages with Marilou</p> <p>1:00pm F.O.B.E. Movie</p>	<p>9:00am Computer Help</p> <p>10:00am Legal Help with Tom Kosman</p> <p>10:30am BINGO</p> <p>1:00pm Quilters</p> <p>7:00pm Duplicate Bridge</p>	<p>9:00am S.H.I.N.E.</p> <p>9:00am Pedicure</p> <p>1:00pm Computer</p> <p>User's Group</p> <p>2:00pm BMCC</p> <p>5:00pm Evening Yoga</p>	<p>9:45am Young at Heart</p> <p>10:30am BINGO</p> <p>11:00am Bridge Lessons</p> <p>1:00pm Duplicate Bridge</p> <p>NO SWIMMING AT BREWSTER GREEN TODAY</p>	
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Space Reserved For Advertisers

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:

ANGELCARE: 1st & 3rd Wednesdays from 10:45am – 11:45am. A Support Program For Caregivers – If you're caring for someone who is chronically ill, aged or disabled...and would like some support...we're here for you.

BANKING ASSISTANCE: By appointment only: A representative from Cape Cod 5 will come on the **2nd & 3rd Weds.** starting at 10:00am to help seniors balance their checking accounts.

BINGO: Played every Wednesday and Friday from 10:30-11:30am.

BLOOD PRESSURE & GLUCOSE TESTING:

3rd Tues. of the month from 9:00am – 10:00am - **on a drop-in basis.** Any health-related questions can be asked at this time. Home visits are available for those who are unable to get to the Senior Center due to health reasons.

BLOOD PRESSURE & GLUCOSE TESTING/HEALTH COUNSELING:

The 4th Tuesday of the month at the **Brewster Ladies Library**, lower level. 10:00am – 2:00pm - **on a drop-in basis.** Provided by VNA of Cape Cod.

BREWSTER MEN'S COFFEE CLUB: Meets on Thursdays ~ 2:00pm.

BRIDGE (men's and women's): Tuesdays ~ 1:00pm.

BRIDGE LESSONS: Fridays from 11:00am – 12:30pm ~ \$5.00 per activity per person – For those who want to improve their game – bidding, play of the hand, and defense is stressed. It's truly an "interactive" bridge session each week. For more information contact:

<http://home.comcast.net/~judysgames/index.html>

COMPUTER HELP: Meets for 1-hour appointments ~ Wednesdays from 9:00am. – 12:00pm These 1-hour sessions are hands-on, one-on-one, and participants choose their own pace and area of interest.

COMPUTER USER'S GROUP: Thursdays at 1:00pm. The first hour will be for questions & answers, followed by instructions on topics solicited from program participants of the day. Skill level: from beginner to intermediate.

May's dates are: 7, 14, 21 & 28

DUPLICATE BRIDGE: Wednesdays ~ 7:00pm.

DUPLICATE BRIDGE: Fridays at 1:00pm. – \$5.00 per activity per person - For any questions, please call Judy Murray at (508) 432-7097.

FINANCIAL PLANNING: 3rd Thursday ~ 1:00pm. **By appointment only.** Information provided by a volunteer that answers questions and provides information concerning Long Term Care and Financial Planning.

Please call (508) 896-2737 to make an appointment.

HEARING SCREENINGS: 3rd Monday ~ 9:00am. **By appointment only.** **FREE** screenings include ear inspections and hearing-aid checks if needed. Appointments are 15 minutes each. Call (508) 896-2737 to reserve.

THIS MONTH'S DATE: May 18th

LEGAL HELP: 9:30am on the 1st Wednesday with Charles Ardito and 10:00am on the 4th Wednesday with Tom Kosman. 1/2 hour appointments.

Please call (508) 896-2737 to make an appointment. The attorney will answer your legal questions. Free for the initial appointment.

MASSAGE: Marilou Raposa's schedule is the last Tuesday of the month beginning at 1:00pm. Sandra Smith's schedule is the 3rd Wednesday of the month beginning at 10:00am (30 minutes - \$15.00).

Please call (508) 896-2737 to make an appointment.

MEALS ON WHEELS: Provided to each homebound elder who is unable to prepare nutritionally balanced meals.

Please call Cindy Thatcher at (508) 896-5070.

OLD FASHIONED QUILTING BEE: Wednesdays ~ 1:00pm. Fellow quilters bring in their quilting projects and enjoy the camaraderie of other quilters. Come join in with the 'Brewster Basters'!

OUTREACH ASSISTANCE: The Outreach Workers will answer any questions you have about resources and programs you may be entitled to, assist with assessing needs, file-of-life, fuel assistance applications, etc.

Please call (508) 896-2737 to make an appointment.

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:

PEDICARE: 1st Tuesday & 4th Thursday of the month ~ 9:00am – 3:00pm (Diabetics must see a MD/Podiatrist). 1/2 hr. appointments - **\$29.00**

home visit - **\$50.00** **Please call (508) 896-2737 for appointment.**

PET GROOMING: Buttons & Bows ~ 3rd Thursday of the month, nail clipping will take place for animals in a grooming van at the back of the COA, from **8:00am – 8:30am** for \$3.00, normally \$10.00.

POKER: Tuesdays and Fridays ~ 1:00pm. **PLEASE NOTE: On hold until further notice**

REP. TIM WHELAN: 3rd Friday of the month from 11:00am - 12:00 noon This is on a drop-in basis.

SENIOR DINING: Hot lunches are provided Monday through Friday at the C.O.A. Suggested donation is \$2.00 per meal. **24-hour notice required.**

Please call 508-896-5070 no later than 11:00am the day before. Come at 10:30am on Wednesdays and Fridays to play BINGO before lunch!

SENIOR STRIDERS: Mondays through Fridays throughout the school year. 6:30am - 7:15am **AND** 3:00pm - 5:00pm at Stony Brook Elementary School.

Walking for Seniors! **Please visit the Brewster Rec. Dept. at the Eddy Elementary School for more information and/or to sign up.**

S.H.I.N.E.: Serving the Health Information Needs of Everyone

Every Tuesday from 1:00pm to 3:15pm with Debra Johnson, and the 2nd & 4th Thursday of each month from 9:00am to 12:00pm. **By appointment only.**

Highly-trained volunteer counselors help seniors and Medicare beneficiaries understand their rights and benefits under Medicare and all other health insurance coverage. Private appointments are free of charge.

Please call (508) 896-2737 to make your appointment.

SIGHT LOSS GROUP: Meets from September - June on the **1st Wednesday of each month** from 11:00am-1:00pm at the Brewster Ladies Library. **This month's date is: Wednesday, May 6th**

SWIMMING: Brewster Green Pool ~ Fridays: 10:00am - 12:00pm.

Because this is so popular, this is ONLY available for Brewster's senior (60+) residents. You ALSO need to have your current F.O.B.E. Membership Card for admittance.

A donation of \$1.00 per swim is recommended and this is done by an Honor system. Stop by the COA on a monthly or quarterly basis to support this activity!

PLEASE NOTE: NO Swimming on Friday, May 29th.

TENNIS: Mondays, Wednesdays & Fridays ~ 9:00am – 11:00am

(Open play during winter months). Playing at the tennis courts off Underpass Road. **Please call the Brewster Recreation Department at (508) 896-9430 for more information.**

W.O.W. (Wonderful Older Women): Tuesdays ~ 10:00am.

This is a wonderful group of women that review current events, talk about movies & books, give each other support & enjoy conversation. Come join them!

YOGA: Tuesday mornings from 9:00am - 10:30 am. Also Thursday evenings from 5:00-6:30pm - \$10 per class. This class uses breathing techniques as a foundation for exploring gentle & safe stretching.

YOUNG AT HEART: Mondays and Fridays ~ 9:45-10:45 am.

10-week session/20 classes, for the cost of \$50.00. Strength training for seniors. PACE classes are friendly and a fun way to relieve arthritis symptoms and learn important strengthening exercises. Classes start out easy and help to build strength and coordination each week by using adjustable weights and stretch bands.

This is a Cape-wide non-profit senior exercise program administered by the VNA of Cape Cod. **Call toll-free 1-800-631-3900 to register.**



A MESSAGE FROM DEE YEATER, R.N. PUBLIC HEALTH and WELLNESS NURSE OF VNA CAPE COD

Betty Hart, R.N. will take blood pressures on Tuesday, May 19th from 9:00am - 10:00am here at the Senior Center. In addition, glucose testing will be available.

Dee Yeater, R.N. will do home visits on Mondays.

6 WAYS TO KEEP YOUR MEMORY IN SHAPE (from Mayo Clinic Health Letter)

Forgot a lunch date with a friend? Can't find your glasses, wallet or purse? Forgetting is frustrating, but you don't have to resign yourself to it as part of old age. Many areas of the brain remain untouched by aging such as language, meaning, creativity and wisdom. So capitalize on your memory skills!

- 1) **Keep a calendar.** Every day you're bombarded with information coming from all directions; names, numbers, passwords, to-do lists. Trying to keep track of too many tedious details can actually make you more prone to memory lapses. Keeping a calendar will free-up brain space for more important tasks.
- 2) **Organize the clutter.** Keeping your environment clutter-free and relatively organized can help minimize distractions and improve memory. Putting correspondence in order can help you stay on top of the endless stream of mail and paper that enters the home. Create folders or places for information that: requires a response or action, you need to consult occasionally (such as bank statements or insurance policies) or you read at your leisure (such as magazines and catalogues). Throw mail out immediately that has no importance.
- 3) **Focus your attention.** Attention is an important part of memory processing. It takes concentration to input information into your brain so that it can be stored and retrieved properly. Slow down and focus on the task at hand. Use your senses: sight, hearing, taste, touch and smell. Always try to minimize distractions.
- 4) **Cross-train your brain.** Challenge yourself and target a range of skills; working jigsaw puzzles to sharpen spatial relationship skills and playing a fast-paced card game, such as speed or slapjack can increase mental processing. There are also many brain training programs on line. They are timed so your brain is continually mentally challenged.
- 5) **Try new things.** Studies show that older adults learn new skills as well as do younger adults. Stay curious, take a class or a lecture, watch a new TV program, try new foods or technology. This creates new brain cell connections and you will have an adventure!
- 6) **Exercise.** Studies show that people who are physically active are less likely to experience a decline in mental function and have a lowered risk of Alzheimer's disease.



Attention Senior Swimmers:

There will be no swimming at Brewster Green Resort on Friday, May 29th.
The resort thanks you in advance for your cooperation.

Brewster Bayside Chatter Online

The Brewster Bayside Chatter is available online each month and can be found on our website at: www.brewster-ma.gov. Search under 'Departments' and select 'Council on Aging'. Scroll down to where it reads: 'our newsletters are available online' and click on the link! Happy reading!

DISCLAIMER:

The Brewster Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Brewster Council on Aging, The Brewster Senior Center, the Town of Brewster, Friends of Brewster Elders (aka F.O.B.E.) or its employees or agents DO NOT ASSUME ANY LEGAL RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR NOMINAL COST PRACTITIONER. Any act, advice, or service by outside providers at the Council on Aging SHOULD NOT BE PRESUMED TO BE ENDORSED OR SPONSORED BY THE BCOA.

Sightings from the Poop Deck



“Summer’s Over!”

No need to panic here on Olde Cape Cod. It’s only May and we have the entire summer to look forward to. However, the above image is the Guayacan tree, native to Central America, which, when in full bloom in March, signals the end of the dry season and the beginning of the rainy season, or more specifically, the end of summer. Unfortunately, since the image can only be shown here in black and white, try to imagine how beautiful this tree is in its vibrant yellow colors.

As I write this in March, we are currently in Ft. Myers, Florida, and on our morning walks we pass a Guayacan in full bloom and obviously the end of summer legend does not apply here. Quite the contrary, since all “snowbirds” will be making a quick exit to escape the heat and head to all points north to enjoy their summer back home. And yes, we will be included in that exodus, so the Guayacan, for us, means “Go home Yanqui!”

We put our tails between our legs and got out in front of that first snowstorm on the night of January 26, pointed the Buick LaCrosse south and never looked back. Believe it or not, we never really escaped the snow entirely until well into North Carolina. I know at this point you are probably feeling very sorry for us, or are they only crocodile tears?

It has been a very rewarding trip. As I mentioned in the April 2015 Bayside Chatter, many wonderful things have happened to us, including an engagement and a wedding of two of our grandchildren and the fact that Joan and I became great-grandparents for the first time. The next time you see us you will be sure to notice how much we have slowed down. See? Life is Good!

One last reminder. Memorial Day 2015 is May 25 and commemorates men and women in the United States who died while in military service to their country. This holiday is always observed on the last Monday in May. Please remember those men and women who gave their all for our great country.

Peter R. Scheffer - (“Life is Good!”) - Summer is not over!!

poop deck, n., a deck above a ship's main afterdeck

BHT - BOSTON HOSPITAL TRANSPORTATION

Enjoy comfortable and safe transportation from Cape Cod
DIRECT to Boston hospitals
on a wheelchair accessible van.

MONDAY thru FRIDAY SCHEDULE

7:30a.m. Orleans (Shaw's)
7:45a.m. Harwich (Route 124 Commuter Lot)
8:00a.m. Barnstable (Route 132 Commuter Lot)
8:15a.m. Sagamore (Rotary Commuter Lot)

RESERVATIONS are a MUST!!!

(Reserve no later than 11a.m. the day before)

\$35.00 Round Trip/\$15.00 One-way

Cash or Checks (Payable to CCRTA) accepted

For reservations call **1-800-352-7155**

Monday – Friday: 8:00a.m. – 5:00p.m.

Schedule your medical appointments between 10am & 2pm.

The van will leave Boston by 3pm.

Visit the website for more information: www.capecodrta.org

TRANSPORTATION INFORMATION

COA VAN – Scheduled trips include:

Monday–Friday to nutrition site and home after lunch at NO COST.

Grocery Shopping in Orleans: Tuesdays and Thursdays from 11a.m. - 1pm.

Post office, banking & pharmacy trips: Mondays, Wednesdays and Fridays

Last Monday of the month is a trip to Hyannis for shopping from 11am to 2pm
(reserved seats only - - - **2-person minimum**).

We need a **three-day advance reservation** and the round trip suggested
fare is **\$2.00** for this wheelchair-accessible bus.

WHEELCHAIR-ACCESSIBLE MEDICAL VAN – Transportation to medical
appointments is provided on a volunteer basis, Monday through Friday.

A one-week advanced reservation is required. There is a graduated fee
schedule, depending upon the destination. Call for more information
at (508) 896-2737.

MEDICAL APPOINTMENTS – Volunteer drivers are available for
transportation to medical appointments in their personal cars. Please call the
COA at (508) 896-2737 as soon as you make an appointment or **at least**
four business days in advance so that we can find a volunteer to provide
your ride. Please notify the COA if you cannot keep your appointment so we
can notify our drivers. Make sure your house number is visible from the road.
Thank you for your cooperation.


DART - DIAL-A-RIDE Service:

CCRTA provides daily (demand response) service that is wheelchair accessible, door-to-door, ride by appointment, transportation service. This service is available to all Cape Cod residents for any purpose. **DART** service is available Monday through Friday in all towns from 7am to 7pm, and on Saturdays from 9am to 7pm as well as on Sundays from 9am to 1pm in most towns. **To schedule a ride, please call: (800) 352-7155.**

OR CURRENT RESIDENT

Non-Profit Org
US Postage
PAID
Permit #25
Orleans, MA
02653

FRIENDS OF BREWSTER ELDERS
1673 MAIN STREET
BREWSTER, MA 02631

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change without notice. 1% milk and margarine served with meals.	Reservations and cancellations must be made two days in advance.	*indicates high sodium entrée or meal	Thank you for your voluntary \$2.00 donation per meal towards actual cost of \$8.00	1 Baked Fish with Diced Tomatoes Plantains Carrots Wheat Roll Fresh Fruit Calories: 673 Fat: 19% Sodium: 557mg
4 Old Fashioned Beef Stew with Potato & Carrots Beets Wheat Bread Mandarin Oranges Calories: 696 Fat: 32% Sodium: 630mg	5 Roast Turkey Florentine Roasted Potatoes California Blend Veg. Wheat Bread Vanilla Pudding Calories: 661 Fat: 24% Sodium: 1160mg	6 Pasta & Meatballs with Marinara Sauce Italian Blend Veg. Italian Bread Fresh Fruit Calories: 620 Fat: 25% Sodium: 697mg	7 Roast Pork with Gravy Whipped Sweet Pot. Capri Blend Veg. Rye Bread Fresh Fruit Calories: 713 Fat: 27% Sodium: 760mg	8 Chicken Piccata Garlic Mashed Pot. Broccoli Wheat Roll Raspberry Cookie Calories: 689 Fat: 32% Sodium: 950mg
11 Salmon with Dill Sauce Yellow Rice Green Beans Snack Loaf Chilled Pears Calories: 618 Fat: 21% Sodium: 543mg	12 Cheeseburger Ketchup Potato Wedges Mixed Vegetables Hamburger Bun Fresh Fruit Calories: 768 Fat: 32% Sodium: 1250mg	14 Rst Turkey w/Gravy Cranberry Sauce Mashed Potatoes Green Beans Wheat Bread Chocolate Pudding Calories: 636 Fat: 24% Sodium: 1070mg	15 Cheese Tortellini with Meat Sauce Broccoli Wheat Roll Brownie Calories: 617 Fat: 29% Sodium: 579mg	15 Lemon-Pepper Pork Black-Eyed Peas & Brown Rice Capri Blend Veg. Wheat Bread Fresh Fruit Calories: 695 Fat: 28% Sodium: 672mg
18 Rosemary Chicken Red Potatoes Green Peas Rye Bread Applesauce Calories: 652 Fat: 20% Sodium: 834mg	19 New England Style Scrod w/Tartar See Sweet Pot. Wedges Italian Blend Veg. Wheat Bread Butterscotch Puddin Calories: 841 Fat: 33% Sodium: 1173mg	20 Beef Burgundy White Rice Carrots Wheat Roll Fresh Fruit Calories: 746 Fat: 32% Sodium: 352mg	21 Roast Turkey with Mushroom Sauce Whipped Potato California Blend Veg. Wheat Bread Oatmeal Cookie Calories: 641 Fat: 32% Sodium: 1003mg	22 Chicken & Broccoli Alfredo Pasta Capri Blend Veg. Italian Bread Fresh Fruit Calories: 776 Fat: 30% Sodium: 976mg
25 Sites Closed 	26 BBQ Pulled Pork Rice & Beans Spinach Apple-Cinn. Muffin Applesauce Calories: 754 Fat: 34% Sodium: 949mg	27 Baked White Fish Tartar Sauce Whipped Sweet Pot. California Blend Veg. Wheat Bread Birthday Cake Calories: 692 Fat: 29% Sodium: 995mg	28 American Chop Suey Green Peas Wheat Roll Tapioca Pudding Calories: 734 Fat: 26% Sodium: 570mg	29 Turkey Chili White Rice Green Beans Wheat Bread Fresh Fruit Calories: 673 Fat: 16% Sodium: 766mg